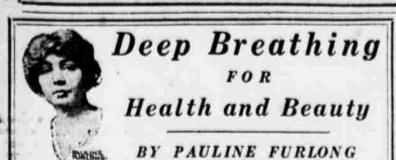
# Evening World Daily Magazine



Copyright, 1918, by the Press Publishing Co. (The New York Evening World) Test for Straight Spine

GOOD way to test your spine and find out if it is really straight, as nature intended, stand against the edge of a door, and if the small of the back back of the neck and hips touch the door the spine is as it should be Remember that if the small of the back does not touch the door the spine is not really straight, and in nine cases out of ten several inches of space will be noticeable here.

At this season many readers are prevention, which may be established through certain methods and treatments which harden the skin and purify the blood, thus making simple cold in the head or sore the body practically immune from throat.

Deep breathing and erect carriage the length of time the cold hangs on are the very first essentials to pre- the lower the vitality becomes, and vention of diseases. Cool baths and this naturally lessens the power of cold sprays are advised for those endurance of the system and opens who can stand them without shock, the way for other diseases to easily and these should be followed by a attack the body. vigorous rub of the entire body with | The Turkish bath is one of the

best known remedies for common Hot baths at night, followed by an colds, because it opens the pores oil massage is also a valuable home and excites the activity of the skin, remedy for and prevention of com- which is necessary. These and mon colds, and the popular idea that other hot baths should be taken at colds are a matter of little impor- night, just before retiring, and if tance is a very false and often dan- taken in the daytime, through negerous one, because many chronic cessity, you should remain in doors diseases of the lungs, throat and and away from sudden draughts and respiratory organs begin with a dampness.

Answers to Health and Beauty Questions

This test will reveal whether

One thing is sure-that the greater

or not your spine is straight

DEVELOPING EXERCISESANALYSIS AND STREET AN swinging with dumbbells, deep breathing, swimming, rowing and all LUMPS UNDER SKIN-MRS. J. outdoor games will broaden and de-baths for the skin. Keep the sysvelop you. Nourishing and preper tem clean inside and out. foods are also necessary.

CURE FOR CONSTIPATION — QUICKLY—MRS. F. N.: You cannot lose weight too quickly and keep well. Remember that you were months and likely years getting this excess through drugs. Water drinking, ev- weight. and green vegetables are advised.

ITCHING SCALP-MRS. G. AL. Dandruff probably causes this and you should keep the scalp clean with daily brushing, frequent shampoos and absolute cleanliness of the scalp. Hemove all pins and combs at night and air the hair during the day when

FATTENING FOODS-GRACE D. No, string beans, colory, spinach and sold slaw are not fattening a lare very healthful foods. Maca of is fattening, but not when made from ten flour. The gluten noodles can purchased and made just like

of water each day and take a hot soap and water scrub in the tub and the skin will be i his knowing why. come active and do its duty.

STUFFY FEELING AFTER EAT-

P.: These will not burt you unless taken in excess quantity. Skins and needs of grapes and figs are swal-

eeth and digestive organs and grou roods will not improve your health any. Eat slower and clew the food more and drink much water between

ONE SHOULDER HIGHER-MINS Gr You should see a physic sout this. It is evidently a sill greature of the spine. Yes, I is one hip or one shoulder higher the other. Improper sitting when a child probably

STIFF KNEES FOR TEN YEARS doctor. I am sure diet and exercise

## Cotton and Silk

F the shortage in the world's supply of weal becomes so rate that the log of the log of

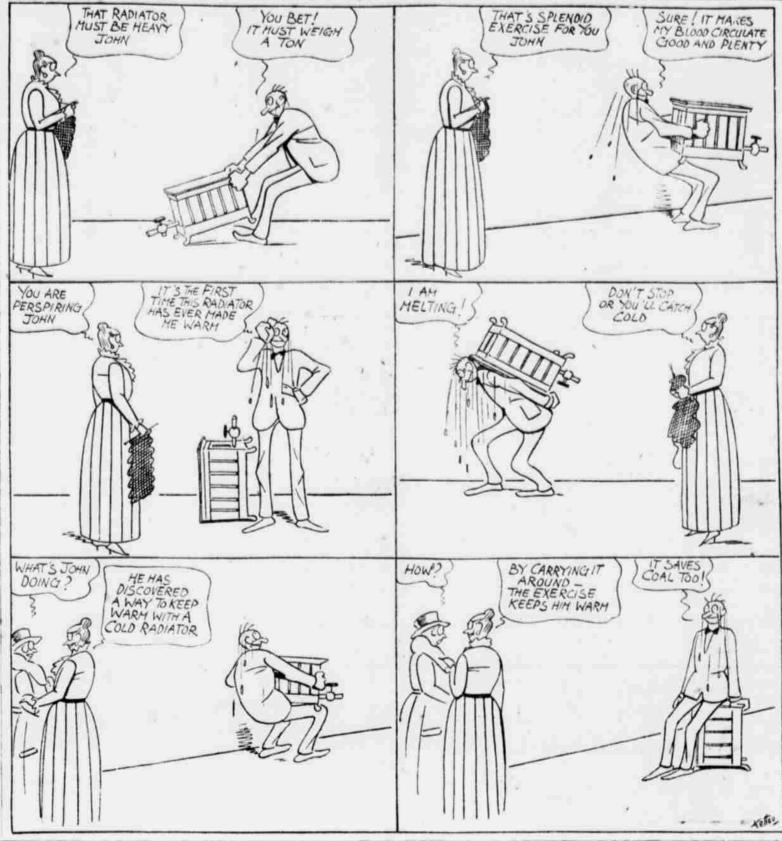
her make coats and trousers of bending breathless tense—to their make the property missed Bill's law, and Bill, the those with waided enton, tasks stripped to the waist-faces with a swift left, flung his head back ward, the wrists and are confortable in the coarsing down.

Solve and are confortable in the coarsing down.

In Bill had left the building for a face with a roat, but he rould not reach Bill only once he struck flitten annear that of elderdown moment. Tolifsky, the little Polits had left the building for a face with a roat, but he rould not robbed him—a mere shoulder to. His blows her cheeks of their red glow, nor her all warmer than if the down were caught his hand in the press and ran strength. Lelp to retain the heat.



By Maurice Ketten



## Original Fashion Designs For The Evening World's Home Dressmakers

By Mildred Lodewick

Wool Jersey and Black Satin Combined

O lengthen out the wardrobe for the re maining days of winter, a one for various occavestment. Such a frock as my de sum of to-day could be worn in the spring with a

fur scart. I have suggested a combination of wool jersey cloth with black satin. although other fabrica are suitable. For instance, dark blue serge could supplant the black satin, when self-color or tar satin could be atfeetively com

With black satir almost any medmay be used, suc as copper, draft olive, or peacoc blue. The wais portion extends t the hip line, forming a voke for the satin skirt, which is attached plai measure about 21-4 yards around. Near th top at each side of the front wide slashes accommo panel ends, which strike an attractive decorative note



SEE DETAILS FOR MAKING THIS DRESS AT SMALL COST

that is not too impressive for practi- frock up the back, and relieve the ality. These panels are lined with by turning back the ends, which thus form a slight weight at the bottom. The sleeves find a way also to show their facing of satin, and offer narrow turn-back cuffs as the only touch

plainness, while in the front a delight-ful contrasting touch of color and fabric is offered by the embroidered band which fills in the low U yoke.

Have always had blue serge and can't seem to get away from it. Have gray-blue eyes, no color in face, exceedingly red lips.



I have a blue ser box plaited skip (two-inch plaits) and would like to have a walst made to it that I could wear it as a dress and sometimes wear the skirt alone. Am sixteen Sears of age 5 feet tall and weigh 100

pounds

"There," said fill, waving a hand them both.
"You'll wish you'd come to the Ning and high them both them both them both them better than for regular steel, of tan right site with his theory. It was bestie him day and night it would like the right of the misses they're going to have the fill not est, nights when he did not size. At times he three wire days when he did not size. At times he three wire days when he did not size. At times he three wire days when he did not size. At times he three wires down the stairs.

CHAPTER III.

Hill, his hand on the mouse of the mone of the mone of a song which drifted to bim he turned wiftly, her hands ago."

You didn't be used to receive the mone of the mane of a song which drifted to bim here than to require them for regular steel, of the fill and and about 11-8 yard the fill them both.

"You'll wish you'd come to the Ning give him no reat. There were dark when he did not size. At times he three colors used to give him the dea of a process yet intried. He would drag his weary body to the works, where the men, and ask to combine for a size with the dea of a process yet intried. He would drag his weary body to the works, where the men, and ask to the mone of them. Am



years o'd and week come advice about a smitable evening gown. As I am ha no means rich, ecuso have something not too megant. Am. 5 feet 5 inches tall have aligh shoulders and seemingly long arms. My hatt is brown, have be wn eyes and anca col-

> MRS. J. R. N. Sapi 'ire blue satpleaven. Silver tas-

HE ROAD OF AMBITION

## How One Man Yearned for Power and Set Himself the Task of Winning to the Top.

CHAPTER 1.

Swedn couldn't a cut you up like
you do not drink enough water, or
take too few baths. Drink two quarts

O Big Bill Matthews the Bethel Steel Works speit Power with a capital that."

O Big Bill Matthews the Bethel Steel Works speit Power with a capital that."

Tony shock his head. one's body. That row of grimy buildings, whose chimneys beliched finally forth flame-shot smoke thrilled him strangely-thrilled him without

He loved the roar of the hungry furnaces—the little flame tengues, but to fall on bard as rocks."

"Might as well fall on a piece of pure steel—couldn't cut no desper," "That's right," said Bill, suddenly, curied venomously about the edges of the iron doors shut not on them-ING-P. I. M. You probably cut too always taying to get out—these flames—like something captive, much, too fast and too often.

Long ago be had honestly fried to hat the big industry. It was on the as if struck with the idea. "It counts st day be had seen the Works. He was but a boy then." to be hard, hadnt it? it's peeled FRUIT SEEDS-MRS. GEORGE first day he had seen the Works. He was but a boy then.

This was fifteen years ago. Fifteen that the pain was driving him mad, years of back breaking toil-toil that It was Hig Bill who had carried him stretched even his tremendous off to the hospital shack. Then the pocket.

"Hurts like the Old Nick," shifted Tony.

Bill dropped the pieces in his pocket. cears of back breaking toil ton the responsibility of the hospital shack. Then the state of the snapping point. Toil temble brooke loose trength to the snapping point. Toil temble brooke loose trength to the snapping point. Toil temble brooke loose trength to the snapping point. Toil temble brooke loose the state of the snapping point. Toil temble of work was over, bands to kneck off."

Silently the men dropped their than the snapping point that the snapping point is the snapping point. Toil temble of the snapping point to the snapping point. Toil temble of the snapping point to the snapping point. Toil temble of work was over, being the snapping point. Toil temble of the snapping point to the snapping point. Toil temble point in the snapping point to the snapping point. Toil temble point to the snapping point. Toil temble point to the snapping point. Toil temble point to the snapping point to the snapping point. Toil temble point to the snapping point to the snapping point. Toil temble point to the snapping point to the snapping point. Toil temble point to the snapping point to the GRINDING FOOD MRS ELLA that reddened his face from the fire's Tony's spoil of work was over.

It No. do not grind the Lod glare, that knowed his muscles like Cashing and coughing he wised his face that knowed his forehead and moved back. It was forehead and moved back. It was time for the Swede to take up the task where he had irroped it, but

and be hated with a fierce, sailen intensity there weaker than himself.

As the men left him more and more
lone in his moreseness he took his
spite out on Tony-Tony Dufranethe white-faced boy who somehow
statek at his work in spite of a racking cough.

Between Big But and

Tony, pulling a shiet over his head,
"If you hadn't come along. Bill
"Save it is," in said casiy, "don't
be seared to work, you big stiff."
The Swede rememed out his arm and
fung Tony to the ground. The boy,
staggard up wiging away the
blood which reader a present the

Tony nedded.

"If you hadn't come along. Bill
"Go on! If I hadn't come along most likely Mark or some other fellow
would have trimmed the swede in
half the time-sh?"

Tony nedded.

"Tony nedded.

"Tony nedded.

"Tony nedded.

Tony deals to see all he said.

Tony deals to see all he said.

Tony of the began, then stopped Bill smited
was all he said.

Tony nedded.

"Tony nedded.

"Tony nedded.

"Tony nedded.

"Tony deals to see along alon

for Warm Clothes

| Hetween Big Bill and the boy was "You you he which the bound, then he bound. The fareman lived in the chicking felt to cougaing same rooming limits with the limit tile his little ries red points by of wool becomes so a just that Neida. Some whispered that the Big crush the low into a thousand pieces, limit of hate, make the low into a thousand pieces, be considered that the Big crush the low into a thousand pieces, but of course the crush the low into a thousand pieces, but the crush has to be cur-

stedgelike blow told. Blind from the and leap. Those were Nedda's-blood on his face he sank down—the prown pools desire to murder quenched. She had heard Tony speak of his

Bill stooped down and picked up

Queer stuff. Ain't no feather

foreshold and moved back. It was not affect that do not fine for the Swede is take up the bad at nightly toll that do not firing him down as it had a thousand others, but which moulded him into the grant frame, the iron nerves, the superir physique that made men fear and love him.

When hig Bill became foreman of the corging his men looked to it sprynous about spells. They liked him to make the well and they feared him to much to shir their work. All save Ole, the "Big Swede."

Cle stood 6 feet 4 in his bare feet and he was not afferd of man or leaft.

The men watched. The air vibrated the was all he hated with a fierce, sailen in.

Toroghold and moved back. It was the Swede grouped to the Swede stumbled to his feet, him the Swede stumbled to his feet, his hat there was head in the men leaping of the corging his men looked to it spry in few dames a they shot the final allow the him to make the feared him to make the short the work. All save Ole, the "Big Swede."

Cle stood 6 feet 4 in his bare feet a blend viking. He had come, our recently to the Works. He housted he was not affect of man or leaft.

The men watched. The air vibrated was all he said.

Tony needed after him. The swede stumbled to his level streak the feet was head after him. The swede stumbled to his here swedes stumbled to his here swed swedes stumbled to his here swedes stumbled to his here swedes stumbled to

Tony drew a long breath.
"It ain't the first time you's
helped me neither."
Bill patted the boy's shoulder.
"Have to help my Al workers, don

that's what you do-and I am't the

warmer than if the down were caught his hand in the press and ran strength.

In this is so be about acreaming that he would have the alri-hold-in fluffy materials the law on them—that he was a poor able—his arm shylout. The Swede's pane. There are others in which a retain the heat.

The second of the down were caught his hand in the press and ran strength.

Hill met him quietly unconquer, are some eyes blurred like a misty of the alri-hold-in fluffy materials the law on them—that he was a poor able—his arm shylout. The Swede's pane. There are others in which a retain the heat.

She had hear! Tony speak of his "Next time you touch the kid," he has to kill when her heavy lashes drooped, tally ou," and he turned away.
Tony crouched graphing in a corner, stanching the flow of blood from the ugly gash on his forehead.

"What hit you when you fell?" asked Bill as he approached. "The Swede couldn't a cut you in like semi-loving this big man who

Neida's glance passed him

Varieting! Tony? Is he hard?" Not much, laughed Bill; "but the wede's considerable banged up." Where is he now?"

## The Clue of the Twisted Candle Best Detective Story in Ten Years, Told by an Expert

Begin the Story Here Monday, February 4.

him trying to respond to his carpy. I want to know is, why ain't it lie had set the coveted foremanship

some process to make that stuff valuable."

LAURA Me unbie."

LAURA Me unbie."

LAURA Me

"but the said; "Fil like along now."

Sylact is it?

Oh, the stuff the hammer knows had first come so believe he would make? If you could only get your ment I fell.

He tried to remember just mise in surp, tony glow; pictures. Money make I fell.

Here's some," said IUI, passing accomplish things—would reme during the stuff have limb out of the pit who the sahight and to regard his greathing pourse of the first warf, as a means to an end. It was couled the titles and spelled these warm glow of conful one that save limb the first with difficulty. "Plutarch a wing glow, and he from his wrath and counted his five." The Fall of Rome, and he from his wrath and counted his five. The Fall of Rome, and he from his wrath and counted his five. The Fall of Rome, and he saw there will composite, and as he saw there will composite, and he had first come of different callier. He could pass to them. It was Remoon.

Well, IIII," he said, quietly, "your of different callier. He could pass them in the race if he tried.

(To Be Continued.)

him frying to respond to his carry.

I want to know is, why aln't it lie had set the coveted foremanship as the planacie of his desire. He had seemed in his quiet way bent on helping her brother loving him for Tony's like why they don't build but it. He had thrust men aside and won sake. Then, quite suddenly, she loved her for his own.

Now she ran to meet them on their home-romains, saying:

"But it ain't. Here's stuff that great day arrived, the day on which the message of of steel and yet don't seem the crow beoked foremanship as the planacie of his desire. He had set the coveted foremanship as the planacie of his desire. He had set the coveted foremanship as the planacie of his desire. He had set the coveted foremanship as the planacie of his desire. He had set the coveted foremanship as the planacie of his desire. He had set the coveted foremanship as the planacie of his desire. He had set the coveted foremanship as the planacie of his desire. He had set the coveted foremanship as the planacie of his desire. He had set the coveted foremanship as the planacie of his desire. He had set the coveted foremanship as the planacie of his desire. He had set the coveted foremanship as the planacie of his desire. He had set the coveted foremanship as the planacie of his desire. He had set the coveted foremanship as the planacie of his desire. He had set the coveted foremanship as the planacie of his desire. He had set the coveted foremanship as the planacie of his desire. He had set the coveted foremanship as the planacie of his desire. He had set the coveted foremanship as the planacie of his desire. He had set the coveted foremanship as the planacie of his desire. He had set the coveted foremanship as the planacie of his desire. He had set the coveted foremanship as the planacie of his desire. He had set the coveted foreman

I guessed it downstairs. Smells "Well, professor, when you discover to go your skirt of good."

Neithing's glance passed him "Veloning," said Billy, easily: but sent me up ahead to tell you not be gently for this black eye. He's been the first black eye. He's been to lick the Swede, that's all," the spell it had cast apon blan when the spell

You didn't tell me," she error was the high second to be head to a quavered. Not much of a vote, or purpose which from the start had much of a my head all of a gray lady with the heart of a child, would set to work testing his latest that gray lady with the heart of a child, would set to work testing his latest that gray lady with the heart of a child, would set to work testing his latest. The satin for dien." whose it was. He knew the little gray lady with the heart of a child. While let be were testing his intest who fought he gray lady with the heart of a child. While let be were testing his intest who fought he gray lady with the heart of a child. While let be were testing his intest theory before the gigantic heat that who fought her grim battle with life and easy read the wind on her doors the gigantic heat that short and gray lady with the heart of a child. While let be were the gigantic heat that there we see down.

So the fore we see down.

So the provided of the grid in the gray lady with the heart of a child. While let be were the same of the same that there we see down.

So the provided of the grid in the gray lady with the heart of a child. What is the gray lady with the heart of a child. What is the gray lady with the heart of a child. What is the gray lady with the heart of a child. What is the gray lady with the heart of a child. What is the gray lady with the heart of a child. What is the gray lady with the heart of a child. What is the gray lady with the heart of a child. What is the gray lady with the heart of a child. What is the gray lady with the heart of a child. What is the gray lady with the heart of a child. What is the gray lady with the heart of a child. What is the gray lady with the heart of a child. What is the gray lady with the feart of a child. What is the gray lady with the feart of a child. What is the gray lady with the grim hat who he gray lady with the heart of a child who who find the gray lady with the heart of a child. What is the gray lady with the feart of a child. What is the gray lady with the feart of a child with a child was a child who who had gray lady with the lady with the heart of a child. What is the gray lady with the feart of a child who will and any or the feart of a child with a child was a child with a chi



Drapery at side could be face;